

Life Skills Workshops KLA 2005-2006

Group Members: Teresa Adams, Laura Cooper, and Tracie Hodson

Our goal is to organize Life Skills Workshops, which will coordinate the wide array of resources and programs available to people in Kosciusko County.

We are passionate about service to our community and making a difference in the quality of our neighbor's lives. We believe long-term quality and sustainability are only possible if the attendees find the workshops to be user-friendly, easy to locate and applicable. These are essential elements of our workshops.

Life Skills Workshops have been developed and will be led by a committee of professionals who have spent their entire careers in the industries relating to the workshops. Our combined experience is a tremendous resource that we look forward to putting to use on behalf of our community.

As you peruse this short overview, we believe you will recognize that:

- Life Skills Workshops seek a quality partnership with leaders and programs which have related experience and resources, through an interactive team collaboration approach, which will allow us to respond quickly and effectively to the changing needs of the community.
- Life Skills Workshops are committed to devoting whatever available resources are needed to main a successful, long-term relationship with local community, businesses and leaders.
- Life Skills Workshops have already been birthed as a new collaborative project that will have long-lasting positive impact on our community. Project Proud Award Monies can provide the initial financial assistance that has been tangibly identified and will not be forgotten or unused, as with past winning White Papers.

We look forward to the opportunity to be of service to our community and welcome any and all questions that arise. Please direct questions concerning this Overview to:

Tracie Hodson, Executive Director, Health Care Foundation
574-268-2273

Laura Cooper, Executive Director, Combined Community Services
574-269-6019, ext. 23

Teresa Adams, General Manager, Payment Services Division, Helvey & Associates
574-267-3385, ext. 619

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| January – April | Relationship Workshops |
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- Managing Stress in a Stressful World
 - Potential speaker: Bowen Center; Healthy Families
- Personality and Its Effects on Communication
 - Potential speaker: WCC; Grace College
- Positive Parenting
 - Potential speaker: Parent Nurturing
- Building Strong Relationships
 - Potential speaker: Lifetouch Ministries

Rationale:

- In Kosciusko County in 1990, there were 647 new marriages as compared to 590 in 2002. A decrease in the number of marriages may indicate a decline in the level of commitment people are willing to make. It may also indicate interpersonal relationship issues between significant others.
- In Kosciusko County as across the US, divorce is on the rise The divorce rate in America for first marriage is 41%
The divorce rate in America for second marriage is 60%
The divorce rate in America for third marriage is 73%
- In Kosciusko County in 2004, there were 116 reported cases of child abuse or neglect. There is a continued need for parenting education, alternative discipline methods, and understanding differences in development/personality/etc.

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| May – August | Employment Workshops |
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- Perfecting your Resume and Interviewing
 - Potential speaker: WorkOne
- Handling Work Conflicts and Co-Worker Relationships
 - Potential speaker: Bowen Center
- Balancing Your Work and Personal Life
 - Potential speaker: Kosciusko Association of Female Executives (KAFFE)
- Reach for the Stars: Career Planning and Continuing Education
 - Potential speaker: CCS Project Independence; Job Link

Rationale (all stats are Kosciusko County):

- 81.6% have High School & Above Education and 14.9% have College & Above
- Unemployment rate in 1999 was 2.2% versus 4.1% in 2004 (Source: Economy.com, Inc.)
- Below average per capita income at \$29,279 (Source: Bureau of Economic Analysis, 2003)
- High reliance on goods-producing industry
- 359 Personal Bankruptcies in 1999 versus 523 in 2004

September – November

Financial Workshops

- Budgeting Basics
 - Potential speaker: Lake City Bank
- Planning for Life's "Big Stuff"
 - Potential speaker: LaCasa (homeownership) & local bank (retirement)
- Understanding Your Credit
 - Potential speaker: Helvey and Associates

Rationale:

- 7.5% of our community is below the federal poverty level
- In 2004, 523 personal bankruptcies in Kosciusko County
- Annual Median Income for Kosciusko County \$52,000
- Below average per capita income at \$29,279 (Source: Bureau of Economic Analysis, 2003)

Schedule

- Monthly – Details to be determined by the Workshop Task Force described below
- Suggested: once a month, same evening, same time, same location
- "Question baskets" anonymous questions for speakers...to include all attendees

Incentives

- Light refreshments at each workshop
- If attend all workshops for particular topic, entered into a drawing. Suggested Prize: \$50 gas card
- If attend all 11 workshops for the year, entered into larger drawing. Suggested Prize: \$100 in Kosciusko County Chamber CertifiChecks

Sustainability

- The workshops will be overseen by a workshop task force made up of representatives from various community organizations (one rep per org).
- This task force will meet quarterly to determine the workshop schedule, coordinate speakers and advertising for the next set of workshops.
- Task Force meetings will be organized and arranged by an appointed chair and vice chair chosen in January of each year.
- Tasks will include
 1. Secure speaker(s) for each topic
 2. Develop and distribute advertising materials
 3. Assign organization representatives who will be responsible for the logistics (make sure the room is ready, doors are unlocked, have sign in sheet ready for participants and take it home at the end of the evening, etc.) of the meetings. This responsibility will rotate each month, so no one organization is responsible for all meetings.
 4. Keep workshops relevant to the needs of the community

Potential Community Partners *To be approached prior to implementing the program

Bowen Center
Combined Community Services
Early Head Start
Head Start
Health Care Foundation
Healthy Families
Helvey & Associates
Probation Dept.
Warsaw Housing Authority
WorkOne

Attendees

While anyone is welcome to attend, we anticipate our audience to be young women between the ages of 18 and 25 with young children. We expect many of these women to be economically challenged and already involved in many of the community partners' workshops and services.

Advertising

Advertising efforts would be overseen by the committee and can include:

- Public Service Announcements on county radio stations: Hoosier 103.5; WRSW 107.3; WLZQ 101.1; and Oldies 98.3.
- Postcard mailers to community partners' clients and/or participants
- Flyers/posters around town including local churches
- Press Releases in the local papers